

### ABSTRACT

A heel surface element for a bowling shoe has a body defining an upper, attachment surface for attachment of the heel surface element upon a heel region of a bowling shoe and a lower, heel surface having a horseshoe-shape surface disposed for engagement upon a bowling alley approach surface during bowling motion and center region surface spaced from contact with the bowling alley approach surface. The center region surface is defined peripherally by the horseshoe-shape surface and extends from a heel front edge towards a heel rear edge. The horseshoe-shape surface tapers from a front thickness in a region adjacent the heel front edge to a second, relatively greater thickness in a region adjacent the heel rear edge. The heel front edge defines a notch extending toward the heel rear edge. The center region surface narrows, curving inwardly from the heel front edge toward the heel rear edge. Each of the heel surface and the horseshoe-shape surface has a rounded front or leading edge. Also described is a bowling shoe with a heel having a heel surface as described above, the heel surface being defined by a fixed heel or by a removable heel surface element.

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